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Is Psychiatry “Fake Science”?

Stress and so-called mental health issues have been in ‘pandemic’ mode?

By Mark Keenan
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With the seemingly endless fear-generating narratives of the corporate-owned mass media in relation to catastrophic CO2-induced climate change; virus pandemics; nuclear war; or whatever else they can come up with to keep you shivering under your sheets – is it any wonder that stress and so-called mental health issues have been in ‘pandemic’ mode? The modern-day solution to such problems is to go to your doctor, and he prescribes some ‘bio-pharmaceutical pills’ that he probably does not know the actual ingredients of. If the pills do not numb your worries, the doctor will happily send you to ‘mental health services’, where a psychologist or psychiatrist gives you a diagnosis and all the pharmaceutical ‘help’ you need. This ‘pop a pill’ process has become ingrained in modern society.

Even many school kids and students today are on a daily regime of behaviour control pills or antidepressants. God forbid your children display normal behaviour of energetic play and discovery. Now our kids are supposed to be docile automatons of the new world order technocracy – to sit in class and learn nonsense that CO2 is killing the planet, accept fake science and fake history, and that we must be vaccinated to survive the next ‘plandemic’. Such misinformation amounts to child abuse.

The book Godless Fake Science and the previous article Godless Fake Science demonstrate that much of the scientific narrative we have been taught from our school days onwards, is based on falsehood, and that the institution of ‘science’ itself has in many ways been hijacked by financial interests seeking to advance their own narrative and agenda. This article asks the question does modern-day psychiatry belong to the category of fake science?

‘Psyche’ means ‘of the soul’. Therefore, the discipline of psychology should really involve the study or ‘the science of the soul’. The original (not altered versions) of the ancient scriptures of the world have already described the science of the soul in great detail. In contrast to this ancient wisdom for human wellbeing, modern day psychology and psychiatry is steeped in the profit-making and drug-pushing agendas of bio-pharmaceutical

corporations. It appears to me modern-day psychiatry has more to do with corporate profits and behaviour control than real science or real mental health.

The reality is that no medical test exists for any so-called “mental disorder”. Psychiatrists, medical doctors, and psychologists worldwide prescribe many different drugs based on same symptoms. This is unscientific.

An example of the potentially detrimental impact of this subjectiveness was recounted to me some years ago when I happened to meet a clearly intelligent man who had worked as a scientist for a state agency of the Government of Ireland. This man had been detained against his will due to a single opinion, that of the family doctor, in circumstances that appeared to be contentious, and was committed as an involuntary patient to a mental institute. He described to me some of the horrors of the experience and that, whilst he was detained, he was force-fed pharmaceutical drugs that he did not wish to take. Note that all such drugs come with potential side-effects that can be mild or serious. Thus, a single doctor’s opinion that you are mentally ill can have major ramifications.

This man later wrote about his horrific experience in a highly critical analysis of Irish psychiatry. His article was published by the Irish Times newspaper, in an article titled *Psychiatric diagnosis not scientific but subjective*, see Endnote [i]. He pointed out that “psychiatric diagnoses are based on the subjective interpretation of behaviour by third parties”. The person is then seen as a “faulty object”, with a chemical imbalance requiring a certain type of pill. The diagnosis can have a very dehumanising effect on someone, along with the stigma of a mental illness that actually has no scientific basis associated with it. The person is led to believe what these “experts” are saying.

Worse still your children can be taken away by the ‘system’ if they are ‘deemed’ to be suffering from a mental disorder, see Endnote [ii]. A psychiatrist makes the decision as to whether your child is mentally ill or not. For example, the Irish Citizens Information portal states:

> “If the voluntary patient is a child and the parents or guardian want to remove them, the professional may have the child detained and placed in the custody of the Health Service Executive (if the professional considers that the child is suffering from a mental disorder).”

Revealing Quotes About Psychiatry and the Controversial DSM-IV Classification System

The following quotations easily sourced online are from academics, psychiatrists, psychology teachers, and doctors, and provide a notable condemnation of modern-day psychiatry:

[Note: DSM-IV codes are the classification found in the Diagnostic and Statistical Manual of Mental Disorders.]

> “There are no objective tests in psychiatry-no X-ray, laboratory, or exam finding that says definitively that someone does or does not have a mental disorder…. there is no definition of a mental disorder…. It’s bull—. I mean, you just can’t define it.” — Allen Frances, Psychiatrist and former DSM-IV Task Force Chairman

“DSM-IV is the fabrication upon which psychiatry seeks acceptance by medicine in general. Insiders know it is more a political than scientific document… DSM-IV has become a bible and a money making bestseller—its major failings notwithstanding.”—Loren Mosher, M.D., Clinical Professor of Psychiatry

“It’s not science. It’s politics and economics. That’s what psychiatry is: politics and economics. Behavior control, it is not science, it is not medicine.”— Thomas Szasz, Professor of Psychiatry Emeritus

“everyone with an interest in mental health should at least be aware of the Szaszian critique of the mental health industry… medicine is a real science that deals with biological phenomena, especially cellular pathology… Now take a look at the DSM and one will immediately note that the DSM is not based at all on cellular pathology… For many of the conditions, organic explanations are to be RULED OUT in order for a DSM diagnosis to be given… Crucial for Szasz is that the attribution of disease then legitimizes in psychiatrists and other mental health professionals the power of social control. By labeling others as “sick”, we can lock them away, force drugs upon them, and separate them from “normal” people like us because there is something fundamentally wrong with them. And we can justify it all in the name of science. But really it is about social control. The mental health industry manufactures illnesses to legitimize and feed itself and it serves those in power via social control of deviants.… according to Szasz, the science of mental sickness is all metaphor and the emperor has no clothes.… while the Emperor might not be completely naked, it seems to me he is often down to his skivvies.” – Gregg Henriques, Ph.D., directs the Combined Clinical and School Psychology Doctoral Program at James Madison University.

“In reality, psychiatric diagnosing is a kind of spiritual profiling that can destroy lives and frequently does.” — Peter Breggin, Psychiatrist

“…modern psychiatry has yet to convincingly prove the genetic/biologic cause of any single mental illness… Patients [have] been diagnosed with ‘chemical imbalances’ despite the fact that no test exists to support such a claim, and…there is no real conception of what a correct chemical balance would look like.” — Dr. David Kaiser, Psychiatrist

“There’s no biological imbalance. When people come to me and they say, ‘I have a biochemical imbalance,’ I say, ‘Show me your lab tests.’ There are no lab tests. So what’s the biochemical imbalance?” — Dr. Ron Leifer, Psychiatrist

“Virtually anyone at any given time can meet the criteria for bipolar disorder or ADHD. Anyone. And the problem is everyone diagnosed with even one of these ‘illnesses’ triggers the pill dispenser.” — Dr. Stefan Kruszewski, Psychiatrist

“No behavior or misbehavior is a disease or can be a disease. That’s not what diseases are. Diseases are malfunctions of the human body, of the heart, the liver, the kidney, the brain. Typhoid fever is a disease. Spring fever is not a disease; it is a figure of speech, a metaphoric disease. All mental diseases are metaphoric diseases, misrepresented as real diseases and mistaken for real diseases.” — Thomas Szasz, Professor of Psychiatry Emeritus, best known for coining the term the “myth of mental illness

“It has occurred to me with forcible irony that psychiatry has quite literally lost its mind, and along with it the minds of the patients they are presumably supposed to care for.”— David Kaiser, Psychiatrist

“All psychiatrists have in common that when they are caught on camera or on microphone, they cower and admit that there are no such things as chemical imbalances/diseases, or examinations or tests for them. What they do in practice, lying in every instance, abrogating [revoking] the informed consent right of every patient and poisoning them in the name of ‘treatment’ is nothing short of criminal.”— Dr Fred Baughman Jr., Paediatric Neurologist

“Psychiatry makes unproven claims that depression, bipolar illness, anxiety, alcoholism and a host of other disorders are in fact primarily biologic and probably genetic in origin…This kind of faith in science and progress is staggering, not to mention naïve and perhaps delusional.” — Dr. David Kaiser, psychiatrist

“In short, the whole business of creating psychiatric categories of ‘disease,’ formalizing them with consensus, and subsequently ascribing diagnostic codes to them, which in turn leads to their use for insurance billing, is nothing but an extended racket furnishing psychiatry a pseudo-scientific aura. The perpetrators are, of course, feeding at the public trough.”— Dr. Thomas Dorman, internist and member of the Royal College of Physicians of the UK

“I believe, until the public and psychiatry itself see that DSM labels are not only useless as medical ‘diagnoses’ but also have the potential to do great harm—particularly when they are used as means to deny individual freedoms, or as weapons by psychiatrists acting as hired guns for the legal system.” — Dr. Sydney Walker III, psychiatrist

“The way things get into the DSM is not based on blood test or brain scan or physical findings. It’s based on descriptions of behavior. And that’s what the whole psychiatry system is.”— Dr. Colin Ross, psychiatrist

“No biochemical, neurological, or genetic markers have been found for Attention Deficit Disorder, Oppositional Defiant Disorder, Depression, Schizophrenia, anxiety, compulsive alcohol and drug abuse, overeating, gambling or any other so-called mental illness, disease, or disorder.” — Bruce Levine, Ph.D., psychologist and author of *Commonsense Rebellion*

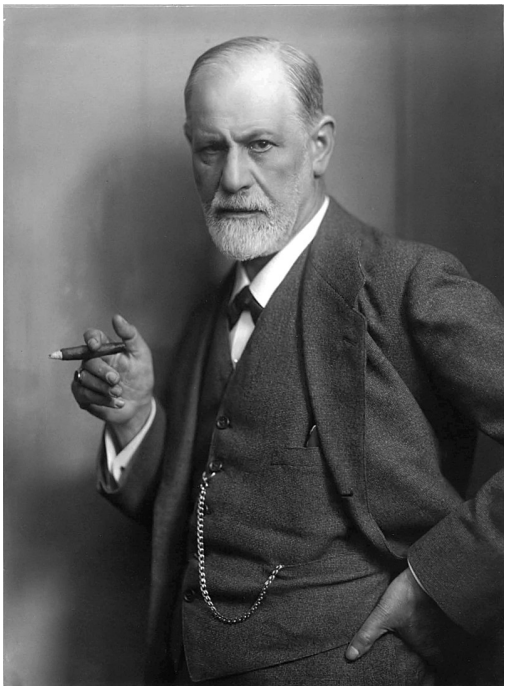
“Unlike medical diagnoses that convey a probable cause, appropriate treatment and likely prognosis, the disorders listed in DSM-IV [and ICD-10] are terms arrived at through peer consensus.”— Tana Dineen Ph.D., psychologist

“The greater the number of treatment facilities and the more widely they are known, the larger the number of persons seeking their services. Psychotherapy is the only form of treatment which, to some extent, appears to create the illness it treats.” – Dr. Jerome Frank of the Johns-Hopkins University School of Medicine in Baltimore

“Psychiatry and psychology are the most lucrative professions in America, and among all professionals, the highest suicide rate is found among psychiatrists and psychologists” – Chaitanya Charan das, Author

Was Psychologist Sigmund Freud a Fraud?

> "The entire system of classical psycho-analytical thought rests on nothing more substantial than Freud's word that it is true. And that is why the late Nobelist in medicine Sir Peter Medawar famously condemned that system as a stupendous intellectual confidence trick." – Frederick Crews, Professor Emeritus of English, University of California



Let us consider the work of the famous Jewish psychologist, Sigmund Freud (1856-1939), upon which much of modern-day psychiatry and psycho-analysis is based. His ideas have had a significant impact upon modern society. In his writings Freud confesses to a definite sexual longing for his mother, and because of this he assumed that all men did. This unscientific piece of Freudian perversion was promoted to such an extent it became embedded into modern-day psychology. Why should the whole world have to accept this theory based on Freud's confession of his own perverted state? Throughout human history such thoughts have been considered by traditional society as being preposterous and morally unacceptable, but to Freud it seemed completely natural. Freud said:

> "I have found in my own case too, the phenomena of being in love with my mother and jealous of my father, and I now consider it to be a universal event… ".

Freud's notion is unscientific and lacking a shred of evidence, yet the entire rest of the world has been painted into the picture of Freudian psychology. Freud also asserted that it would better for people if they had sexual relations with both genders. Again, this was asserted with no evidence. In fact, many scientists and academics have questioned the legitimacy of Freudian psychoanalysis, for example, Frank L. Cioffi of Princeton University author of the book *Freud and the Question of Pseudo-science*. The following are revealing comments about Freud by prolific academics and notable personalities:

> "He [Freud] was for many years an enthusiastic user [of cocaine] to the point where his nose bled and became filled with pus – which he treated with more cocaine…Freud's friend Ernst von Fleischl-Marxov (1846-1891) had become despairing addict after Freud had prescribed cocaine as medicine for a painful hand tumor. There is no doubt that the

addiction brought about his early death.... Freuds neurotic dysfunctions manifested themselves in unusual behavior patterns and in psychosomatic ailments – particularly those affecting the mouth, the genitals and the anus... more often than not he was chronically depressed and bad tempered." – David McCalden (1951-1991), Writer

"No one has yet evaluated the hallucinatory effects of cocaine on Freuds mind during the formative years of psychoanalysis. Without cocaine, could Freud have created such improbable flights of human fancy?" – Martin L. Gross, writer and former Associate Professor of Social Science at New York University.

"[On Freudian theory] "I think it's such a narcissistic indulgence that I cannot believe in it" – Sophie Freud, grand-daughter of Sigmund Freud, PhD from Florence Heller School for Social Welfare

"A major contributor to the present-day tendency to accept and encourage homosexuality is Dr. Sigmund Freud... In other words, homosexuality was no longer to be considered an illegal form of debauchery or perversion in which one willingly engaged a person of his own sex..." – Dr. Tim LaHaye, Author

"I don't want an elderly gentleman from Vienna with an umbrella inflicting his dreams upon me" – Vladimir Nabokov (1899-1977), novelist, critic, from an aristocratic Russian family

"[Freudian belief and psychoanalysis] were never a science. Freud was a fashion, and then he became unfashionable, completely absurd." – Sonu Shamdasani PhD, a historian of psychology and a research associate at UCL

"To me, psychoanalysis is a hoax – the biggest hoax ever played on humanity. By showing who analysts are, how they work, what they believe, and what they have done, I hope to show Freud as a fraud. If I succeed, I am idealistic enough to hope that the world may return to the belief in love, ideals, good taste and courtesy – the 'books' that have been burned by the Freudian Inquisition." – Edward R. Pinckney MD

"The seduction stories that provide the proffered empirical basis of the Oedipal complex were in fact a construction by Freud who then interpreted his patients' distress on hearing his constructions as confirmation. Freud then deceptively obscured the fact that his patients' stories were reconstructions and interpretations based on his a priori theory. He also retro-actively changed the identity of the fancied seducers from non-family members (servants, etc.) when his oedipal story required fathers instead... What started out as speculation in need of empirical support ended up as a fundamental a priori assumption.

Now 100 years after its inception, the theory of the Oedipal complex, childhood sexuality, and the sexual etiology of neuroses remain without any independent empirical validation.... the idea that children would have a specifical sexual attraction to their opposite sex parent is extremely implausible... Freud has been the most overrated figure in the entire history of science and medicine, one who wrought immense harm through the propagation of false etiologies, mistaken diagnoses, and fruitless lines of inquiry... psycho-analysis has a lot to answer for... since its inception, psycho-analysis has been denounced as a pseudo-science.

By the early 1960s philosophers of science such as Michael Polanyi, Karl Popper, Ernst Nagel and Sidney Hook had noted the self-authenticating nature of psychoanalytical assertion. More recently, highly critical accounts of psychoanalysis from Henri Ellenberger (1970), Frank Sulloway (1992/1979), Adolph Grunbaum (1984), Frank Cioffi (1969, 1970, 1972), and most recently, Malcolm MacMillan (1991) have appeared."

– Professor Kevin MacDonald PhD, Department of Psychology CSU-Long Beach

"They are translating this Freud's philosophy, pig civilization." – Srila Prabhupada, Renowned Spiritual Leader and Vedic scholar

"I think that Sigmund Freud had sexual conflicts within himself which he did not resolve. His belief in constitutional bisexuality, for example, was an excuse for certain personal traits." – Dr. Harold M. Voth, a Freudian psychiatrist at the Menninger Foundation

"I dimly sensed some slight feminine aspect in his manner and movements." Modern critics suggest that present-day Freudians are influenced by Freud's "feminine, passive feelings" so much that they "regard masculine assertiveness and aggression as a neurotic manifestation." – Freud's biographer, Ernest Jones

"No one has yet evaluated the hallucinatory effects of cocaine on Freud's mind during the formative years of psychoanalysis." – Martin L. Gross, author of *The Psychological Society*

"Dr. Voth is convinced that Freud displayed 'a considerable degree of femininity' in his personality, a trait that has colored the entire profession by making what he calls the 'neurotically troubled' Dr. Freud a model… Those driving needs have infiltrated the psyche of millions of individuals as well, remaking much of our personalities in his image. By offering his catalog of foibles as the symbols of normality, Freud achieved immortality…

The portrait that emerges is one of a man driven by the furies of hostility and envy, weighed down by depression, death wishes, phobias and severe debilitating neuroses. He was professionally distorted by his extreme surreptitiousness and gullibility — the antithesis of a man of science. Freud the man is more the unhappy philosopher than the intrepid researcher who society thought would unlock the key to our confused behavior."

– Jewish author Martin L. Gross and Dr. Harold M. Voth, a Freudian psychiatrist at the Menninger Foundation

"There is little question but that a good deal of the impetus for the discovery of psychoanalysis came from Freud's general hostility toward Christianity…" – Stanley Rothman, in an article *Group Fantasies and Jewish Radicalism* published in the Fall 1978 issue of The Journal of Psychohistory

"The psychoanalyst Sandor Ferenczi reports a statement by Freud from 1932 that referred to patients as "rabble" and "only good for money-earning and studying." From 1884 onward, Freud was in effect a snake-oil salesman. He then began experimenting with cocaine… Michel Onfray, an author who wrote a comprehensive and critical monograph on Freud in 2010, documented deaths from his gross misdiagnosis… Psychotherapy was a potpourri of techniques lifted from previous colleagues, laced with

> a heavy dose of sexual fixations, most of them exclusively Jewish in nature… Soon using a charade of the scientific method, Freud began to surmise that most of his patients' problems were sexual in nature…
>
> Freud obviously experienced Oedipal lust… he then suffered the delusion that his abnormality was normal and universal… Freud told his colleague Karl Abraham that "too many of us are Jews. I don't want Psychoanalysis to become a Jewish national affair…. The Israeli philosophy professor Yeshayahu Leibowitz went even further and held that Freud psychoanalysis was "primarily a Jewish money-making scheme", and that's a "bad sign for (us) Jews." He went on to say that psychoanalysis was "entirely in the hands of the Jews" and has "brought unspeakable suffering to millions of people."
>
> – Richard Boyden, in an article which he says is based in part on David McCalden's treatise *Exiles From History*, see Endnote [iii].

Conclusion: It appears the profession been infected by a disciplic succession of Freudian quackery.

The Sex Delusion

In addition, Freud and his financial backers promoted the concept that orgasm is necessary for health. Such Freudian narratives have proliferated in this current sex-dominated culture, and some people are, thus, under the impression that the more sex, the better it is for their health and wellbeing.

We all have freewill to make our own personal choices, however, it appears to me that this assertion by Freud's also has no scientific basis. In regard to this I note a book titled *Brain Gain* by the American writer, academic and spiritual leader, Dr. Dane Holtzman, better known as Danavir Goswami. The book provides evidence that the opposite is the case – that overindulgence in sex can lead to health disorders, including nervous disorders, via loss of vital bodily fluids. It is asserted with references from physicians that wasting vital bodily fluids decreases vitality and immunity because it involves the loss of precious proteins, lipoids, cholesterin, and minerals.

It is cited that dozens of geniuses throughout history practiced celibacy for this reason, including Pythagoras, Plato, Aristotle, Beethoven, Sir Isaac Newton, Leonardo da Vinci, Michelangelo, Pascal, Spinoza, Kant, Thoreau, Handel, Schopenhauer, Nietzsche, Sidis, Tesla, who all lived celibate lives to transmute their sexual energy into intellectual development. In the spiritual domain, Jesus Christ, Sukadeva Goswami, prophets Elijah and Elisha, John the Baptist, and many more were celibate. Chaste women of prolific fame include, Joan of Arc, Queen Elizabeth I, Florence Nightingale, Draupadi, Sita, Saint Teresa, Emily Dickinson, Mirabai, Saint Catherine, Mother Teresa and the Virgin Mary.

> "To control the sexual impulse efficiently has always been and ever will be regarded as the highest test of human wisdom" – Auguste Comte, French Philosopher

Note also that cholesterol is a vital substance in the brain. In fact, the brain has the highest cholesterol content of any organ in the body. Most of the brain's cholesterol exists in the axons of nerve cells. According to a 2014 study, titled *Cholesterol in brain disease: sometimes determinant and frequently implicated,* see Endnote [iv].

> "Cholesterol is essential for neuronal physiology, both during development and in the

adult life… defects in brain cholesterol metabolism may contribute to neurological syndromes."

It is also commonly known in the sport of boxing that a fighter, in order to retain his strength, should not engage in sexual relations before a fight. It appears there is valid science behind this instruction. If we accept the research detailed in *Brain Gain,* then Freud's popularized assertion has most probably resulted in an increase in mental health problems! Could it be that Freud was actually the one with a mental disorder? Why he was compelled to talk endlessly of perversion? Karl Jung, a psychiatrist who founded analytical psychology, noted the following:

"Freud never asked himself why he was compelled to talk continually of sex, why this idea had taken such possession of him. He remained unaware that his monotony of interpretation expressed a flight from himself…" – Carl Jung, Psychiatrist

Freud's work is also an inversion of original Christian values and of traditional values that existed world-wide for thousands of years, including the values of ancient Vedic cultures.

"… the body is not for fornication… Flee fornication… he that committeth fornication sinneth against his own body. What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" – (Bible: Book of 1st Corinthians 13, 18, 19)

"The union, then, of male and female for the purpose of procreation is the natural good of marriage. But he who makes a bad use of this good who uses it bestially, so that his intention is on the gratification of lust." – Saint Augustine, Christian Saint

"The practice of chastity is counselled by Christ, taught by His example, and practiced by the Apostles." – Saint Francis, Christian Saint

"Adultery and fornication are forbidden for a number of reasons. First of all, because they destroy the soul; "He that is an adulterer, for the folly of his heart shall destroy his own soul."… which is whenever the flesh dominates the spirit… Thirdly, these sins consume his substance, just as happened to the prodigal son in that 'he wasted his substance living riotously." – Saint Thomas Aquinas, Christian Saint

"When veerya [vital fluid] is not used, it is all transmuted into ojas sakti or spiritual energy and stored up in the brain… loss of memory, premature old age, and various nervous diseases are attributable to the heavy loss of this fluid" – His Holiness Sri Swami Sivananda

"… in Vedic times, sex was meant for procreation, not recreation…. We would do well to remember that our so-called primitive ancestors were not brainwashed by the maddening media blitz saturated with covert and overt sexual overtones… Apart from sanctified procreation, the institution of marriage was meant for gratification of the bodily sex drive in a regulated, religious way. This would gradually help both the spouses to realize the futility of all bodily enjoyment and help each other to advance together on the journey back to Krishna (God). " – Chaitanya Charan das, Author

In contrast to the modern sex-culture, original scriptures inform us that sex should be reserved only for the creation of children. Furthermore, and tragically, the frantic culture of carnal-gratification in modern times seems to have degraded our most precious faculty –

love itself. How can young men and young women find a stable path in such an environment? The ephemeral nature of it all is likely to leave a void in the heart.

For example, in ancient Vedic cultures young men were trained as a brahmacarya until the age of 25. Brahmacarya life involved conduct consistent with the divine path of God-consciousness; and becoming expert in learning, military arts, administration, spiritual counselling, etc., according to each man's individual qualities. By remaining celibate until the age of 25, men became physically and intellectually stronger not weaker – their energy was not wasted on promiscuity and needless sex. At that point many men would then marry and sex was only then for the purpose of raising a (God-conscious) family – it was not to be done needlessly. Vedic culture also utilized specific dietary habits to avoid stimulating sex desire, see Endnote [v] for details.

The Climate Politics of Milk – Seeking Sustenance for a Healthy Brain

In ancient times, cows were revered and they provided the miracle food of high-quality cholesterol-rich milk with all the nutrients the human body needs, and which was beneficial to the brain and higher thinking. Ancient brahmans and sages could live on milk alone. To this day, in Ayurvedic medicine ghee, which is made from milk, it is used to improve memory and reduce mental tension. For thousands of years mankind drank raw milk – any impurities can be eliminated by simply boiling it prior to drinking it and this is the best way to drink milk. The cows were not vaccinated, and the milk did not go through the modern enzyme-destroying process of pasteurization, which can make the milk harder to digest for some people. In ancient cultures worldwide, cows were not regarded as mere commercial commodities to be sold and exploited, rather they were an essential part of a functioning community.

Modern-day commercial dairy farming can involve the use of growth hormones, man-made chemicals, pesticides on the farm, vaccination of the cows, GMOs, etc.; and it appears to me the milk is of poorer quality for it. We have consumed raw milk for at least 5,000 years, but today it is illegal in various countries to sell or produce raw milk – for example, this is the case in Canada, under the Food and Drug Regulations since 1991. I note also that in the US, in 2011, Judge Patrick J. Fiedler made an astonishing unjust ruling, where he judged "no, plaintiffs do not have a fundamental right to produce and consume the foods of your choice… no right to contract with a farmer… no right to own a cow". Three weeks later, he resigned from his position as a judge and joined a law firm that represents Monsanto, a major producer of rBGH growth hormones for commercial dairy cows, see Endnote [vi]. In response to such injustice, some towns in the US have been approving food sovereignty initiatives that allow food producers to sell food without federal or state interference.

I note also the current UN-inspired, plan, voiced by the Irish Department of Agriculture, and the Irish Environmental Protection Agency, to kill 200,000 dairy cows in Ireland in a murderously deluded attempt to stop manmade climate change. The reality is that methane emissions from cows do not cause climate change. See also the book Transcending the Climate Deception Toward Real Sustainability. There are many farmers and independent groups in Ireland that know this, yet the Irish government appears to have shut out all debate on climate change, and it seems will pay 5,000 euros ($5,622) for each cow killed, in this psychotic onslaught. Psychosis being defined as an acute or chronic mental state marked by loss of contact with reality.

What Causes Depression? Links Between Toxicity in the Body and Mental Health Issues

I am not doctor, I am not here to provide medical advice, this article is simply based on my own experience and initial research, yet I note the words of Thomas Szasz, Professor of Psychiatry Emeritus (1920 – 2012) best known for coining the term the "myth of mental illness. He states:

> "No behavior or misbehavior is a disease or can be a disease. That's not what diseases are… All mental diseases are metaphoric diseases, misrepresented as real diseases and mistaken for real diseases."

Was Szasz correct in his analysis? Tens of millions of people are prescribed bio-pharmaceutical drugs to address so-called mental health issues. such as depression, anxiety etc. However, it appears to me that such drugs do not address the underlying cause of such issues. Furthermore, it seems that no one really knows what exactly causes depression. We hear about factors such as biochemical imbalance, stress, and genetic predisposition, but where is the scientific basis? Could there be another cause not acknowledged by the profession? What about environmental factors?

Consider that industrial globalization has produced many substances that are registered as pollutants, including thousands of new man-made chemical compounds, toxins, nano-particles and genetically modified organisms (GMOs) that are in violation of the scientific pre-cautionary principle. Over the past tens of thousands of years, the human body has never been exposed to these new substances so we do not know the long-term effects. UN environmental law instruments are largely impotent in safe-guarding human health and nature from the vast scale of rampant corporate technological pollution. Instead, the UN focuses on the bogus manmade climate change due to CO2, and methane from cows, agenda, see this article.

I note that depression has been linked to the proliferation of toxins that exist in the modern environment that we are exposed to. A study titled *Environmental Chemicals and Nervous System Dysfunction* published in The Yale Journal of Biology and Medicine, see Endnote [vii], states:

> "The etiology of many neurological and/ or psychiatric disorders is obscure or completely unknown. Affected patients frequently have nonspecific complaints that are easily passed off as being minor, temporary, psychosomatic, due to stress, etc. However, these same subtle symptoms may be the first signs of intoxication with environmental and occupational chemicals. The medical community should become sensitized to considering nervous system toxicants as a source of these otherwise unexplainable symptoms, and evidence for occupational and environmental exposures must be included in the differential diagnosis of neurological diseases. The toxicity of the compounds mentioned in this review is now well known, but they may represent only the "tip of the iceberg."

Exposure to toxic heavy metals, such as mercury, lead, and arsenic are known to cause anxiety and/or depression. Government literatures do warn us of neurotoxicity, for example, the US National Advisory Neurological Disorders and Stroke Council website, see Endnote [viii], states:

> "Neurotoxicity occurs when the exposure to natural or manmade toxic substances (neurotoxicants) alters the normal activity of the nervous system. This can eventually disrupt or even kill neurons (nerve cells) which are important for transmitting and processing signals in the brain and other parts of the nervous system. Neurotoxicity can result from exposure to substances used in chemotherapy, radiation treatment, drug therapies, and organ transplants, as well as exposure to heavy metals such as lead and mercury, certain foods and food additives, pesticides, industrial and/or cleaning solvents, cosmetics, and some naturally occurring substances."

It appears that the neurotoxic factor is rarely considered by doctors or psychiatrists in relation to mental health and depression. This may be because environmental health is not usually taught in medical education. To make matters even more complicated, a depressed mood is actually a common side effect of the bio-pharmaceutical medications that are prescribed to combat depression, see Endnote [ix].

The Psychology of the Soul

Remember 'psyche' means 'of the soul'. According to psychotherapist Neal M. Goldsmith Ph.D: "Before Wilhelm Wundt opened the first experimental psychology laboratory in 1879, there was no academic discipline of psychology separate from philosophy and biology. Perhaps it should have stayed like that for a while longer at least."

In conclusion, it appears to me that modern-day psychiatry is fake science and that for our wellbeing we need to re-embrace the true 'science of the soul'. It can only benefit us to remember our true identity as an eternal soul – as children of God – that is the science of self-realisation. Wellbeing is the natural psychological state of the God-conscious soul, and despite external circumstances, the soul itself is never damaged by external temporalities. In this realization the self is protected from the mental ills of this current topsy-turvy world of chaos, fake science, and greed. Furthermore, a common thread in both the Christian scriptures and the ancient Vedic scriptures is that God protects his sincere devotees.

> "We know that God's children do not make a practice of sinning, for God's Son holds them securely, and the evil one cannot touch them." – John 5:18

> "this very Supreme Personality of Godhead is the supreme controller, the supremely worshipable, all-cognizant, fully determined, fully opulent, the emblem of forgiveness, the protector of surrendered souls, munificent, true to His promise," – from the *Nectar of Devotion* by Srila Prabhupada, Spiritual leader in the tradition of Vedic Vaishnavism

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Mark Keenan is a former scientist at the UK Government Dept. of Energy and Climate Change, and at the United Nations Environment Division. He is a Research Associate of the Centre for Research on Globalization (CRG).

He is author of the following books available on Amazon:

- *Transcending the Climate Change Deception Toward Real Sustainability*

- *CO2 Climate Hoax – How Bankers Hijacked the Real Environment Movement*
- *No Worries No Virus*
- *Demonic Economics and the Tricks of the Bankers*
- *Godless Fake Science*
- *Godless Fake Science and the Vedic Path of Truth*

Notes

[i] Source: https://www.irishtimes.com/opinion/letters/psychiatry-and-society-1.545412

[ii] Source: https://www.citizensinformation.ie/en/health/health-services/mental-health/admission-to-a-psychiatric-hospital/

[iii] Source: https://boydenreport.com/2021/09/03/sigmund-fraud-the-father-of-modern-psychoanalysis-and-gay-anti-christ-jewish-neurotic-charlatan/

[iv] Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4253844/

[v] The Vedic diet referred to involves the avoidance of meat, fish, eggs, garlic, onions, alcohol, coffee, tea and tobacco, all of which are aphrodisiacal stimulants. Note that eminent Danish nutritionist Mikkel Hindhede (1862-1945), stated "we must conclude that sex in its ordinary manifestation among civilised human beings is not the product of natural instinct that it is generally supposed to be but is a chemotropism evoked or conditioned reflex (in Pavlov's sense) evoked in response to aphrodisiacal stimulation by foods and beverages, especially animal proteins, alcohol, coffee, and also tobacco. This tropistic reaction, in both its physical and psychical aspects, is subject to voluntary control through diet, an alkaline-forming, low protein vegetable diet reducing it, while an acid-forming high-protein met diet increases it."

[vi] Information on the Fiedler Ruling is available at http://axley.com/patrick-j- fiedler

[vii] THE YALE JOURNAL OF BIOLOGY AND MEDICINE 51 (1978), 457-468

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2595611/pdf/yjbm00133-0026.pdf referenced in the article *A dangerous link: Toxic chemicals and depression* https://phlabs.com/a-dangerous-link-toxic-chemicals-and-depression

[viii] Source: https://www.ninds.nih.gov/health-information/disorders/neurotoxicity

[ix] This is described in an article by health care professionals at https://phlabs.com/are-your-meds-creating-your-depression-be-proactive

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